

## **SESSION 3 AT-A-GLANCE**

**Facilitator-trainees will conduct the following activities:**

### **Exercise 1: Introductions**

### **Exercise 2: Getting the Feel of Condoms**

- A. Distribute condoms to participants and instruct them to get comfortable with them by doing wild and wacky things with them. (E.g., put them on your nose, blow them up like a balloon, etc.)
- B. Model doing different things with the condoms for participants to emulate.

### **Exercise 3: The Steps in Putting on Male Condoms**

- A. Conduct male condom card activity (3-A)
- B. Hand out “Using a Male Condom” (3-B) and briefly review.

### **Exercise 4: The Steps in Putting on Female Condoms**

- A. Introduce and explain the female pelvic model, referring to the “Female Anatomy Diagram” (3-C) as needed.
- B. Demonstrate how to use female condoms using the pelvic model
- C. Conduct female condom card activity (3-D)
- D. Hand out “Using a Female Condom” (3-E) and briefly review

### **Exercise 5: Practicing Putting on Male and Female Condoms**

- A. Demonstrate how to use a male condom using a penile model
- B. Assign partners and have them practice putting male condoms on a model
- C. Have partners practice putting on female condoms using the female pelvic model
- D. Distribute “Benefits of Female Condoms” handout (3-F)

## E. Conduct “Barbara and Martha” unscripted role-play

### **General Tips:**

- You do not have to follow the script in the curriculum word for word. Put it in your own words.
- Make sure you understand the goals and objectives of this session and how it fits into the Street Smart curriculum. Ask your trainers if you have any questions or need clarification.
- Make sure you understand the activity and objective of each exercise.
- Facilitators should divide the session between them, alternating between exercises (see below). Even when not leading an activity, the co-facilitator should be prepared to assist (distributing hand-outs, holding models, answering questions, etc.).
- Anticipate the transition process between activities. Prepare so that the switching between facilitators feels natural and is done smoothly.

### **Session-Specific Tips:**

- It is important that you demonstrate comfort with condoms. Be playful and silly with them—if you are comfortable with them, the youth will be too.
- Take care to make sure you are comfortable correctly demonstrating the use of both male and female condoms. In particular, take time to familiarize yourself with the female anatomy model, as youth typically have a lot of questions about female anatomy and the female condom.
- Male facilitators should pay particular attention to how they demonstrate condom use, making sure to hold any models away from the genital area (to avoid any potential negative associations for youth with histories of sexual abuse).

### **Facilitator-trainee 1 should facilitate the following activities:**

- Exercise 1
- Exercise 2
- Exercise 4

### **Facilitator-trainee 2 should facilitate the following activities:**

- Exercise 3
- Exercise 5